

30 Day Buns, Guns, & Abs Challenge

****ADVANCED PEOPLE SHOULD START OFF DOING AT LEAST 3 SETS****

Day 1 10 Squats 5 Pushups 15 Leg Lifts	Day 2 15 Squats 5 Pushups 15 Leg Lifts	Day 3 15 Squats 7 Pushups 20 Leg Lifts	Day 4 Squat Rest 7 Pushups 25 Leg Lifts	Day 5 20 Squats 8 Pushups 30 Leg Lifts	Day 6 25 Squats 9 Pushups 30 Leg Lifts	Day 7 30 Squats Pushup Rest 35 Leg Lifts
Day 8 Squat Rest 9 Push Ups 35 Leg Lifts	Day 9 35 Squats 9 Push Ups Leg Lifts Rest	Day 10 40 Squats 10 Pushups 40 Leg Lifts	Day 11 45 Squats 10 Pushups 45 Leg Lifts	Day 12 Squat Rest 12 Pushups 45 Leg Lifts	Day 13 50 Squats 12 Pushups 50 Leg Lifts	Day 14 55 Squats Pushup Rest 50 Leg Lifts
Day 15 55 Squats 13 Pushups 55 Leg Lifts	Day 16 Squat Rest 15 Pushups 60 Leg Lifts	Day 17 60 Squats 16 Pushups Leg Lift Rest	Day 18 65 Squats 16 Pushups 65 Leg Lifts	Day 19 70 Squats 18 Pushups 70 Leg Lifts	Day 20 Squat Rest 20 Pushups 75 Leg Lifts	Day 21 75 Squats Pushup Rest 75 Leg Lifts
Day 22 75 Squats 22 Pushups Leg Lift Rest	Day 23 80 Squats 23 Pushups 80 Leg Lifts	Day 24 Squat Rest 24 Pushups 85 Leg Lifts	Day 25 85 Squats 25 Pushups Leg Lift Rest	Day 26 85 Squats 26 Pushups 90 Leg Lifts	Day 27 90 Squats 30 Pushups 90 Leg Lifts	Day 28 Squat Rest 35 Pushups 95 Leg Lifts
Day 29 95 Squats 35 Pushups 95 Leg Lifts	Day 30 100 Squats 40 Pushups 100 Leg Lifts					

ADVANCED PEOPLE: PLEASE FEEL FREE TO DO MORE THAN WHAT IS LISTED!!!!

The 28 Day Plan Buns And Abs

Jin-Ying Zhang



The 28 Day Plan Buns And Abs:

The 28-day Plan Christine Green, 2007 Buns and Abs Christine Green, Parragon, Incorporated, 2003-06 *Get Fit for Summer* Parragon, Incorporated, 2003 *Energize* Parragon, Incorporated, 2002 Flat Stomach Parragon, Incorporated, 2003-06 **Detox** Parragon, Incorporated, 2002 **Forthcoming Books** Rose Army, 2003 *Billboard*, 2006-02-18 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Prevention**, 2006-06 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets *Lose Those Last 10 Pounds* Denise Austin, 2001-03 Offers a combination of bodyshaping exercise routines and meal plans to help readers lose weight and get in shape accompanied by tips on ways to boost one's metabolism nutrition mental energizers and simple calorie burning techniques **Billboard**, 1994-05-28 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Program and Abstracts of the Thirty-First Interscience Conference on Antimicrobial Agents and Chemotherapy, 1991 **Program and Abstracts**, 1991 **Billboard**, 1994-04-30 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends A Standard Dictionary of the English Language, Upon Original Plans ..., 1894 **Billboard**, 1994-04-02 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Billboard**, 1994-04-16 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends Bowker's Complete Video Directory, 2000 *Billboard*, 1996-10-26 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Billboard**, 1992-06-13 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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